

## Kennon Sheldon's Archive: Introduction and Quick Links

Welcome to my Internet Archive page! I've created this digital repository for people who are interested in my psychological research articles and publications, or perhaps in other creations of mine -- musical, photographic, or novelistic. The Internet Archive has a rather clunky organizational system, so for simplicity, you can find quick links to various kinds of files in this document.

**NOTE:** the links in this file may not be clickable in the Internet Archive viewer (still working on this). If so, click on the 3 dots on the left, click on "downloadable files," and choose "pdf." There, the links will be clickable.

### **Research:**

1. First, there are about 155 research articles and some entire books in here. You can isolate them by clicking on the "Kennon Sheldon's research" filter, on the left side of the page. Or, just click here: [Internet Archive: Digital Library of Free & Borrowable Texts, Movies, Music & Wayback Machine](#).

These are my most important publications spanning my whole 40-year research career. Each publication is basically a doctoral dissertation! Topics include happiness, well-being, self-determination, free will, cooperation, authenticity, time-balance, materialism, group selection, personality integration, self-concordance, creativity, goals, traits, evolutionary psychology, positive psychology, consumer psychology, business psychology, intrinsic values, Duchenne smiles, and more.

2. Here, you can find my curriculum vita (as of early 2025) ([VITAE Current : Free Download, Borrow, and Streaming : Internet Archive](#)). This provides a concise list of my publications and some other accomplishments.

3. Here, you can find links to my professional podcast episodes ([Kennon Sheldon's Podcasts : Free Download, Borrow, and Streaming : Internet Archive](#)). I did most of these when my book *Freely determined* came out in 2022 (there's no link to that here, you'll have to buy it!). I especially like my "Hidden Brain" episode on NPR, about "knowing what to want." [Hidden Brain Transcript! : Free Download, Borrow, and Streaming : Internet Archive](#). Also, my interview with Michael Shermer on "The Skeptic." I was glad Shermer accepted my arguments for the existence of free will! Here's a direct link. [Bing Videos](#)

### **Novel:**

Here is a link to my Sci-Fi novel "*Walden 2375*," set in the universe of Kim Stanley Robinson's novel *2312*. [2375 Nov 2024 : Free Download, Borrow, and Streaming : Internet Archive](#). The novel illustrates what a truly utopian society might look like, from the perspective of my scientific research. As told

retrospectively by an unusual historical narrator, developing that society required humans to first “squeeze through the bottleneck” (the great die-off) of the late 2000s, to create hundreds of social laboratories out in the asteroid belt. There, only the most successful communities survived (through group selection and island biogeography), in the process evolving a new species: “homo cosmos.”

### **Music:**

I’ve been writing progressive-style art/rock music since the late 1970s, and have been in several bands that focused on performing original music. None of them got very far, but we did record quite a bit! Here, you can find 56 recorded songs or live sets. [Kennon Sheldon’s musical recordings : Free : Free Download, Borrow and Streaming : Internet Archive](#).

These songs are of three types. In chronological order, there are...

1) Songs I recorded with my Seattle band, Pangea, in the early 1980s. Pangea consisted of me, Dave DeLoach, Terry Kingen, and Wendy Coulter. [Internet Archive: Digital Library of Free & Borrowable Texts, Movies, Music & Wayback Machine](#). The 3 songs:

Terror’s Children: An operatic ballad about the inner demons that will bring nuclear war.  
[Terrors Children : Free Download, Borrow, and Streaming : Internet Archive](#)

Play in Time: An intricately timed number with a tape loop of Reagan from the 1984 debates!  
[Play In Time : Free Download, Borrow, and Streaming : Internet Archive](#)

Pangea: About dreams, continental drift, evolution, creation, and destruction!  
[Pangea : Free Download, Borrow, and Streaming : Internet Archive](#)

2) Songs I recorded on my own (mid-80s through 1990s). They’re not well recorded, but the best 13 are:

Trojan winnings: About the emptiness of meaning. <https://archive.org/details/trojan-winnings>

Mind of Man: About the long struggle for civilization. <https://archive.org/details/mindof-man>

Waterplace: About my love for my wife, Meli! [https://archive.org/details/waterplace\\_202412](https://archive.org/details/waterplace_202412)

Lake of Fire: About the cruelty of Christianity [https://archive.org/details/lake-of-fire\\_202412](https://archive.org/details/lake-of-fire_202412)

Standing on the Edge: Of possibility revealed! <https://archive.org/details/standing-on-the-edge>

Sleeping Spell: About finally waking up. <https://archive.org/details/standing-on-the-edge>

Turn of the Season: Spring’s gonna come again! <https://archive.org/details/turn-of-the-season>

Make the Circle: An optimistic take on death! <https://archive.org/details/make-the-circle>

In the Middle: About losing one’s love. <https://archive.org/details/in-the-middle>

Endelusia: A utopian village, and my inability to join it. <https://archive.org/details/Endelusia>

Empath: About the process of psychotherapy. <https://archive.org/details/Empath>

Coming of Age: Oh no, I had reached my 30s! <https://archive.org/details/comingof-age>

The Ancestors: They're part of us, they've never gone away! Recorded in 2021.

[Stream The Ancestors.WAV by ksheldon | Listen online for free on SoundCloud](#)

3) Also, there are 37 recordings with my Columbia band, the Hellbenders, made in the 2010s. The Hellbenders consisted of me, Peter Scharf, Noah Heringman, John Markovitz, David Read, and Cathy Gunther. The first 5 files on this page are concert videos, mostly not well recorded; we were better in the studio. [https://archive.org/details/@kennon\\_sheldon?and%5B%5D=subject%3A%22Hellbenders+band%22](https://archive.org/details/@kennon_sheldon?and%5B%5D=subject%3A%22Hellbenders+band%22).

The 9 Hellbender songs that I wrote are:

"Last day on earth," about how one wants to die; <https://archive.org/details/last-day-16bit>

"Liberal man blues," about absent progress; <https://archive.org/details/liberal-man-16-bit>

"Falling," about committing to love in one's 20s; <https://archive.org/details/falling-6-22-21>

"John Robinson," a rewritten Neil Young song; <https://archive.org/details/john-robinson-6-22-21>

"Some satisfaction," about being an angry woman; <https://archive.org/details/some-satisfaction>

"Earth Elegy," a funeral for the planet; <https://archive.org/details/earth-elegy>

"Down with the Ship," where we're all going; <https://archive.org/details/down-with-the-ship>

"Beginning of Time," when music created us; <https://archive.org/details/beginning-of-time>

"Still Kicking," about resilience. <https://archive.org/details/still-kickin>

Other Hellbender originals are listed below. I contributed keyboard parts to all of these (and vocals to some).

"Hellbender" (about the Ozark salamander);	"1000 times" (I've driven this road);
"Bad ideas" (about the Trump presidency);	"Eyes go" (where ego can't);
"In his shoes" (Peter's eulogy for his dad);	"Dead ends die" (in live ones);
"Hellbent" (on leaving it all behind);	"Going downtown" (to Columbia, Missouri!);
"Carefree" (floating down a river);	"Smoking and drinking" (no good!);
"Walking man" (about a local homeless guy);	"See" (a song from far away);
"Din and sit" (about Heidegger, somehow);	"Boozy cherries" (yummy desert!);
"Abstract fingers" (they go where they want to go).	

We also did some fun covers:

“Hold on,” “Fever,” “Into the Mystic,” “Ain’t no sunshine,” “Sodade,” “Blanket,” and “Tell mama.”

### **Photography:**

I have an extensive Flickr page going back to 2006, where lots of good stuff can be found [Ken Sheldon's albums | Flickr](#). This page references many trips around the world, and contains compendiums of many types of photos and short videos.

Back here on internet archive, I have only uploaded three “greatest hits” assortments of photographs.

1. First, here are my 500 best scenic photographs (natural landscapes; [Kennon Sheldon's landscapes : Free Download, Borrow, and Streaming : Internet Archive](#)).

2. Second, here are my 300 best “reflection” photographs (taken at the waterline; [Kennon Sheldon's Reflection photos : Free Download, Borrow, and Streaming : Internet Archive](#)).

3. Third, here are my 150 best multiple exposures. Perhaps my main original contribution as a photographer was to spend decades making multiple exposures of natural scenes in the camera. I used a kaleidoscopic rotational technique, making double and quadruple exposures within the camera. The results always surprised, and were sometimes stunning. [Kennon Sheldon's multiple exposure photos : Free Download, Borrow, and Streaming : Internet Archive](#)

If you’re interested in the originals of any photographs, let me know, at sheldonk@missouri.edu.

### **Videos:**

The videos here are mainly very old and very long -- Sheldon family videos, that not even my kids are interested in (“they weren’t really there”). So, you can safely ignore them! [Kennon Sheldon's home videos : Free : Free Download, Borrow and Streaming : Internet Archive](#)